

# LEGACY STATEWIDE 7V7 LEAGUE - OFFICIAL RULES

## 1. FIELD LENGTH:

- A. 50 TOTAL YARDS—40 YARDS WITH A 10-YARD END ZONE.

## 2. STARTING EACH GAME:

- A. THE DESIGNED HOME TEAM (2ND ON SCHEDULE) WILL BEGIN POSSESSION OF THE BALL ON THE +40 YARD LINE. CHOICE OF HASH.
- B. A HORN WILL BEGIN AND END EACH GAME.
- C. EACH GAME LASTS 25 MINUTES, RUNNING TIME.
- D. OFFICIAL WILL DECLARE WHEN THE CLOCK GOES **UNDER THREE MINUTES**.
- E. EACH TEAM WILL BE ALLOWED ONE TIME OUT PER GAME TO STOP THE PLAY CLOCK ONLY. THE GAME CLOCK WILL NOT STOP FOR ANY REASON OTHER THAN MAJOR INJURY. **TIMEOUTS CAN NOT BE TAKEN UNDER THREE MINUTES.**

## 3. OFFENSE & MOVING THE BALL:

- A. OFFENSE ALWAYS STARTS ON +40 WITH THEIR CHOICE OF HASH AFTER ANY CHANGE OF POSSESSION.
- B. THE OFFICIALS WHISTLE SIGNIFIES “READY TO PLAY” AFTER SPOT OF THE BALL.
- C. EACH TEAM WILL HAVE 25 SECONDS TO PUT THE BALL INTO PLAY. DELAY OF GAME IS LOSS OF DOWN.
- D. THE OFFENSIVE TEAM IS RESPONSIBLE FOR RETRIEVING AND RETURNING THE BALL TO THE OFFICIAL. ANY DELAY BY THE OFFENSE IN RETRIEVING AND RETURNING THE BALL TO THE OFFICIAL WITH RESULT IN DELAY OF GAME AND LOSS OF DOWN.
- E. QB IS ALLOWED FOUR SECONDS TO THROW. ONE-ONE THOUSAND...TWO-ONE THOUSAND...THREE-ONE THOUSAND...FOUR-ONE THOUSAND! REFEREES WILL STOP PLAY AT FOUR SECOND MARK WHICH WILL RESULT IN A LOSS OF DOWN.
- F. OFFENSE HAS THREE DOWNS TO GAIN A FIRST DOWN. FIRST DOWN MARKERS WILL BE AT THE +25 AND +10 YARD LINES.
- G. ONCE INSIDE THE +10, THE OFFENSE HAS THREE DOWNS TO SCORE A TD.
- H. THE OFFENSIVE TEAM MAY RUN THE BALL ON ANY DOWN. THERE ARE NO RUN PLAYS ALLOWED INSIDE THE 10YD LINE. EXCEPTION QB MAY RUN IF BLITZED
- I. RUNS THAT ARE ALLOWED ARE: DIVES, DRAW, SWEEP, STRETCH, AND TOSS. RUN PLAYS ARE LIMITED TO ONE EXCHANGE. THERE ARE NO TOSS PASSES, REVERSES OR ANY OTHER PLAYS WITH MULTIPLE EXCHANGES ALLOWED. JET SWEEPS OR SHOVEL PASSES CAUGHT BEHIND THE LINE OF SCRIMMAGE ARE NOT ALLOWED INSIDE THE 10YD LINE.
- J. QB RUN: THE OFFENSE WILL BE ALLOWED **TWO UNBLITZED QB RUN PER GAME**.
- K. THE QB IS ALLOWED TO RUN ONCE A DEFENSIVE PLAYER DECLARES A BLITZ (I.E. DEFENSIVE PLAYER CROSSES THE LINE OF SCRIMMAGE WITH EXCEPTION OF REACTION TO DIRECT HANDOFF)
  - a. **DEFENSE IS ALLOWED 2 BLITZ PER GAME**
- J. FUMBLES (INCLUDING SNAP) ARE DEAD BALLS AT THE SPOT WITH THE LAST TEAM IN CONTROL RETAINING POSSESSION AT THE SPOT.
- K. NO BLOCKING. BLOCKING WILL RESULT IN LOSS OF DOWN, RETURN TO PREVIOUS SPOT.
- L. OFFENSIVE PASS INTERFERENCE WILL RESULT IN A RETURN TO THE PREVIOUS SPOT PLUS A LOSS OF DOWN.

- M. FOR THE CONVERSION AFTER A TOUCHDOWN, THE OFFENSE CAN CHOOSE TO GO FOR ONE OR TWO POINTS. A 1-POINT CONVERSION IS FROM THE +5 YARD LINE A 2-POINT CONVERSION IS FROM THE +10 YARD LINE. THE OFFENSE HAS CHOICE OF HASH FOR BALL PLACEMENT.

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### **4. DEFENSE**

- A. DEFENSE IS ALLOWED TWO BLITZES PER GAME (MULTIPLE PLAYER BLITZ ALLOWED). BLITZING PLAYERS MUST BEGIN AT LEAST FIVE YARDS FROM THE LINE OF SCRIMMAGE. **BLITZ DO NOT CARRY OVER TO OVERTIME**
- B. IF A SACK IS MADE, THE BALL WILL BE SPOTTED AT THE SPOT OF THE SACK. IF THE SACK OCCURS BEHIND THE +40 YARD LINE, **DEFENSE WILL BE AWARDED A SAFETY (2PTS) AND CHANGE OF POSSESSION.**
- C. JAM OR PRESS IS ALLOWED UNTIL BALL IS RELEASED BY THE QUARTERBACK
- D. DEFENDERS MUST TAG UNDERNEATH THE NECK
- E. DEFENDERS CAN NOT LEAVE THEIR FEET TO MAKE A TAG. IF THEY DO SO, OFFENSIVE PLAYER CAN CONTINUE FORWARD PROGRESS UNTIL PROPERLY TAGGED
- F. INTERCEPTIONS CAN NOT BE RETURNED BY THE DEFENDER. INTERCEPTIONS ARE AWARDED 3 POINTS AND CHANGE OF POSSESSION.
- G. UNNECESSARY ROUGHNESS WILL RESULT IN AUTOMATIC FIRST DOWN TO NEAREST MARKER AND ONE PLAY REMOVAL FROM GAME FOR DEFENDER GUILTY OF FOUL. 2 UNNECESSARY FOULS BY SAME PLAYER WILL RESULT IN REMOVAL OF THE GAME.
- H. DEFENSIVE HOLDING AND/OR PASS INTEREFERENCE IS A 15YD PENALTY AND AUTOMATIC FIRST DOWN.

### **5. COACHING YOUR TEAM:**

- A. THERE WILL BE ONE OFFENSIVE COACH ALLOWED ON THE FIELD AT ANY TIME.
- B. THE COACHES MUST BE POSITIONED BEHIND THE OFFENSIVE HUDDLE.
- C. COACHES ARE NOT ALLOWED TO CHALLENGE ANY OFFICIAL RULING.
- D. NO DEFENSIVE COACHES ALLOWED ON FIELD.
- E. ONLY FOUR COACHES PER TEAM WILL BE ALLOWED ON SIDELINE DURING GAME.
- F. COACHES ARE RESPONSIBLE FOR SIDELINE CONDUCT AND PLAYERS BOX.

### **6. SUBSTITUTION**

- A. ONLY TWO OFFENSIVE SUBSTITUTES ARE ALLOWED ON THE FIELD BEHIND THE OFFENSIVE HUDDLE.
- B. ALL SUBSTITUTES ARE REQUIRED TO TAKE A KNEE BEFORE EVERY SNAP. A FAILURE TO DO SO WILL RESULT IN A WARNING AND/OR PENALTY:
- C. THE OFFENSE IS NOT PERMITTED TO BE ON THE FIELD UNTIL THE OPPOSING OFFENSE HAS COMPLETED FINAL OFFENSIVE ATTEMPT.
- D. ALL DEFFENSIVE SUBSTITUTES WILL BE REQUIRED TO COME OFF THE SIDELINE BEFORE SNAP OF THE BALL. NO MORE THAN SEVEN PLAYERS ON DEFENSE. CAN BE PRESENT ON THE PLAYING FIELD.

## **7. PENALTIES**

- A. UNSPORTSMANLIKE CONDUCT BY COACH AND/OR PLAYERS WILL RESULT IN A 15YD LOSS AND LOSS OF DOWN.
- B. UNECESSARY ROUGHNESS AGAINST THE DEFENSE WILL RESULT IN AUTOMATIC FIRST DOWN AND BALL SPOTTED TO NEAREST 1<sup>ST</sup> DOWN MARKER.
- C. DEFENSIVE HOLDING AND/OR PASS INTEREFERENCE IS A 15YD PENALTY AND AUTOMATIC FIRST DOWN.
- D. IF A TEAM BLITZES A THIRD TIME AFTER USING THE TWO ALLOWED BLITZES, THE RESULT WILL BE A 15 YARD PENALTY & AUTOMATED 1<sup>ST</sup> . IF THE CLOCK EXPIRES DURING THIS PLAY, THE OFFENSE MAY ACCEPT THE PENALTY AND RECIEVE ONE UNTIMED DOWN
- E. UNNECESSARY ROUGHNESS AGAINST THE OFFENSE WILL RESULT IN A 15YD LOSS AND LOSS OF DOWN.
- F. THE OFFENSIVE TEAM IS RESPONSIBLE FOR RETRIEVING AND RETURNING THE BALL TO THE OFFICIAL. ANY DELAY BY THE OFFENSE IN RETRIEVING AND RETURNING THE BALL TO THE OFFICIAL WILL RESULT IN DELAY OF GAME AND LOSS OF DOWN.
- G. BLOCKING WILL RESULT IN LOSS OF DOWN, RETURN TO PREVIOUS SPOT.
- H. OFFENSIVE PASS INTERFERENCE WILL RESULT IN A RETURN TO THE PREVIOUS SPOT PLUS A LOSS OF DOWN.
- I. DELAY OF GAME IS LOSS OF DOWN
- J. FALSE START OR OFFSIDE WILL RESULT IN A LOSS OF DOWN. IF THE OFFENSE FALSE STARTS ON THE 40YD LINE, IT WILL RESULT IN A LOSS OF DOWN

## **7. PENALTIES—CON'T**

- J. SUBSTITUTION PENALTIES
  - 1<sup>ST</sup> VIOLATION 5 YD LOSS
  - 2<sup>ND</sup> VIOLATION 10 YD LOSS AND LOSS OF DOWN
  - 3<sup>RD</sup> VIOLATION - NO SUBSTITUTES ALLOWED ON FIELD (OFF ONLY)
  - REMAINING TEAM MEMBERS & COACHES NEED TO REMAIN ON SIDELINE
- K. SIDELIINE WARNING PENALTY
  - 1<sup>ST</sup> SIDELINE WARNING 5 YD LOSS
  - 2<sup>ND</sup> SIDELINE WARNING 10 YD LOSS AND LOSS OF DOWN
  - 3<sup>RD</sup> SIDELINE WARNING 15 YD LOSS AND LOSS OF DOWN

## **8. SPECIAL RULES**

- A. EACH TEAM WILL HAVE ONE TIMEOUT PER GAME. TIME OUTS ARE FOR THE PURPOSE OF RESETING THE PLAY CLOCK ONLY NOT STOPPING GAME CLOCK. TIME OUTS CAN NOT BE TAKEN UNDER THREE MINUTES ON GAME CLOCK. OFFENSE IS IN CHARGE OF PLACEMENT OF QB TEE.

## **9. FIGHTING**

- A. FIGHTING, INCLUDING PUSHING AND SHOVING WILL NOT BE TOLERATED. IF A PLAYER THROWS A PUNCH, HE IS EJECTED IMMEDIATELY AND CANNOT RETURN.
- B. IF THE TEAM'S BENCHES CLEAR AND IT RESULTS IN A FIGHT, BOTH OF THE TEAMS WILL BE EJECTED AND CANNOT RETURN.
- C. FIGHTING, PUSHING AND SHOVING ARE AT THE DISCRETION OF THE OFFICIALS. THEIR RULING IS FINAL.

## **10. OVERTIME**

- A. ANY GAME THAT ENDS IN A TIE WILL GO TO A TIEBREAKER. THERE WILL BE A COIN TOSS AT THE BEGINNING OF THE TIEBREAKER WITH THE HOME TEAM CALLING THE TOSS. THE WINNER WILL CHOOSE TO BE ON OFFENSE OR DEFENSE.
- B. EACH TEAM WILL HAVE ONE SNAP FROM THE +40 YARD LINE CHOICE OF HASH.
- C. QB RUNS AND BLITZ DO NOT CARRY OVER INTO OVERTIME.
- D. LONGEST PLAY FROM SCRIMMAGE WINS IN OT.
- E. IF QB IS SACKED BY A BLITZ, THE DEFENSE IS DECLARED THE WINNER
- F. IF THERE IS NO COMPLETION OR THE DEEPEST COMPLETION IS EQUAL THE TIEBREAKER WILL BE REPEATED WITH THE TEAM THAT LOST THE INITIAL COIN TOSS MAKING THE CHOICE TO PLAY OFFENSE / DEFENSE. H. THIS FORMAT WILL BE REPEATED UNTIL A WINNER IS DECLARED. THE TIEBREAKER FORMAT WILL BE USED IN ALL GAMES
- J.

## **11. POINT VALUES**

- A. OFFENSIVE TOUCHDOWN =+6 POINTS
- B. EXTRA POINT FROM +5=1POINT
- C. EXTRA POINT FROM THE +10=2 POINTS
- D. INTERCEPTION =+3 POINTS
- E. SAFETY = +2PTS

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## **12. PLAYER & SPECTATOR CONDUCT—**

PLAYERS AND/OR SPECTATORS WILL BE REMOVED FROM LEAGUE PLAY FOR THE FOLLOWING CONDUCT:

- A. FIGHTING/OR EXCESSIVE FORCE
- B. VULGARITY AND/OR INAPPROPRIATE HARASSING OF PLAYERS, REFS, COACHES AND/OR SPECTATORS
- C. UNNECESSARY ROUGHNESS
- D. NO TOBACCO, ALCOHOL OR WEAPONS ALLOWED
- E. NO PETS
- F. APPROPRIATE EQUIPMENT AND/OR UNIFORM

### **13. SIDELINE SAFETY**

- A. SPECTATORS & EQUIPMENT MUST STAY AT LEAST THREE YDS FROM THE DIVIDERS.
- B. ALL SPECTATORS, CHAIRS, STROLLERS, BAGS, ETC... MUST BE AT LEAST THREE YARDS FROM DIVIDERS.
- C. IF A COACH, PLAYER OR MEDIA MEMBER BELIEVES THAT AN OBJECT ON THE SIDELINE IS NOT SAFE, HE OR SHE SHOULD IMMEDIATELY NOTIFY EVENT STAFF AND REFRAIN FROM PLAYING UNTIL THE ISSUE HAS BEEN RESOLVED AND CONDITIONS ARE DETERMINED SAFE.
- D. THE HFS AND/OR FACILITY STAFF RESERVE THE RIGHT TO MOVE OR REMOVE OBJECTS OR SPECTATORS FROM ON OR NEAR THE PLAYING FIELD IF THOSE CONDITIONS ARE, IN THE OPINION OF HFS AND/OR FACILITY STAFF DEEMS TO BE UNSAFE FOR PARTICIPANTS, STAFF OR SPECTATORS.

### **14. INJURIES, HYDRATION, NUTRITION & EMERGENCY TENT—**

GAME WEEKENDS WILL INCLUDE THE FOLLOWING SERVICES:

- A. ATHLETIC TRAINER
- B. WATER JUGS
- C. ADDITIONAL BEVERAGES & CONCESSIONS WILL BE AVAILABLE